

The H.E.A.R Method

Reading the Bible with a life-transforming purpose.

H Highlight

As you are reading the passage, watch for the one or two verses that stand out or speak to you. Write an "H" on the left of your paper and then write out the verse or verses the Holy Spirit drew you to.

E Explain

Below the "H," write an "E." Now you will write a few sentences that will explain what the text means. Remember, we are looking for the original authors message to the original recipient. Ask questions like: Why was this written? To whom was it originally written? How does this fit with the verses before and after? Why did the Holy Spirit include this passage in the book?

A Apply

Below the "E," write an "A." We will now take the truth from the first century (or earlier if you are reading the Old Testament) and try to apply it to the twenty first century. Ask questions like: How can this help me? What does this mean today? What would the application of this verse look like in my life? What is God saying to me?

R Respond

This is where you will write a measurable response to the truth God revealed. Maybe it will be a call to action, something you will change in the coming week. Maybe it will be a prayer asking God to help you work this truth into your life. Whichever, make sure it is measurable so you can hold yourself accountable in your growth as a disciple.